

# THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging  
715 Old King's Highway • Wellfleet • 02667

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GENERAL PHONE NUMBERS

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## WELLFLEET DINES OUT

It's that time of year again.....Between Labor Day and Columbus Day you can enjoy dinner at your favorite Wellfleet restaurants and try a new one to benefit the Friends of the Wellfleet Council on Aging, too! Participating restaurants have chosen an evening when they will donate a percentage of their food sales to the Friends for our support of the COA's programs, services and other special needs of Wellfleet's seniors. Check the calendar pages and schedule your nights out & find a special insert inside this newsletter !!

WHEN PARTICIPATING, REMEMBER TO THANK THE RESTAURANTS FOR  
SUPPORTING WELLFLEET DINES OUT!

Check the calendar pages & schedule your nights out for the following:

- |                        |                         |                   |
|------------------------|-------------------------|-------------------|
| *The Bookstore         | *Moby Dick's            | *The Pearl        |
| *The Wicked Oyster     | *Marconi Beach          | *Catch of the Day |
| *Bob's Sub & Cone      | *PJ's Family Restaurant | *Van Rensselaer's |
| *PB Boulangerie Bistro | *Winslow's Tavern       |                   |

Are you remembering to check-in to **MySeniorCenter**, when you enter the COA? The more you scan, the more you help to drive up the attendance numbers which, in turn, helps us to get more grant money. **Congratulations to these "super-scanners" ~ they will be enjoying a complimentary Iris's Café luncheon! Sandy Wonders & James Connor**

## DATES TO REMEMBER

Monday, September 5<sup>th</sup> ~ COA closed for Labor Day

Thursday, September 8<sup>th</sup> ~ State Primary ~ vote here from 7 AM – 8 PM

No Iris's Café, No Stretch/Strengthen Mat Class

Thursday, September 22 ~ No Stretch/Strengthen Mat Class

Monday, October 10<sup>th</sup> ~ COA Closed for Columbus Day

## LOOK INSIDE FOR INFORMATION ON:

Magic & Macarons ~ magical fun & PB Boulangerie treats ~ September 20<sup>th</sup>

AARP Driver Safety Class ~ September 27<sup>th</sup>

Celebrating New England ~ Songs & Stories for Everyone ~ October 19<sup>th</sup>

Flu Clinic ~ October 25<sup>th</sup>



## ♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** **NEW TIME** ~ Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM – 12 NOON:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions

### PLEASE NOTE ~

#### NEW TIME FOR THE NURSE!

This change will accommodate both exercise classes as well as Congregate Lunch participants. Please stop in & say hello to Marielle Vigliotte, RN.

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. September 9, 23 & October 14, 28. **NEW SCHEDULING PROCEDURE FOR DR. CAMPO:** *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

## ► FOR YOUR ASSISTANCE

► **AARP SMART DRIVER COURSE:** *Learn proven strategies to help keep you safe while on the road. After taking the course, you may even be eligible for a discount on your insurance! The course teaches valuable defensive driving skills & provides a refresher of the rules of the road. Audio-visual instruction only, no affiliation with the Registry of Motor Vehicles, no testing. An AARP Smart Driver Course will take place at the Wellfleet COA on Tuesday, September 27 from 10 AM – 2:30PM. Space is limited ~ call early to reserve your space for this informative class. Lunch provided courtesy of Wellfleet Police. Resident tuition generously sponsored by Seamen's Bank. Visit [www.aarp.org/drive](http://www.aarp.org/drive) for additional information. Reservations absolutely required!*



► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, September 21 and Wednesday, October 19 at 4 PM*. Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **LEGAL ASSISTANCE:** *60 years of age or older* ~ By appointment on the second Wednesday of the month, from 10 – Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. September 14, October 12.



### ► FOR YOUR ASSISTANCE (cont.)

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday – Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.

### 🍏 FOR YOUR DINING PLEASURE

🍏 **CONGREGATE LUNCHEON:** 60 years of age or older - every Wednesday at noon. Reservations required the day before by 11 AM ~ 508-349-2800, Ext. 207. Suggested voluntary donation. Brought to you by Elder Services of Cape Cod & the Islands.

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave. **NO LUNCH SEPTEMBER 8<sup>th</sup>.**

🍏 **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍏 **SOUP TO GO:** *Beginning in October ~ menu on back page.*

🍏 **SUMMER SALADS TO GO:** *A variety of summer salads homemade by Iris, packed to travel, every Monday through September (may be soup depending on weather).*

### ★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.



★ **CELEBRATING NEW ENGLAND ~ SONGS & STORIES FOR EVERYONE:** *Cultural traditions, stories and songs from past & present, sea songs, chanteys, Native American stories, ghost stories & family tales. With singer/storyteller Davis Bates. Wednesday, October 19 at 2 PM. Please call to reserve your spot for this afternoon of entertainment.*

★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant – 4. Tuesday, September 13 and Thursday, October 13, 10:15 – 11:15.

★ **MAGIC & MACARONS:** *Tuesday, September 20 at 12 PM. Magical fun and PB Boulangerie treats. Featuring magician Jack Ryan. Sophisticated magic and fun, ESP & audience participation. Grab a friend and join us for an hour of laughter, entertainment and French snacks! Please call and reserve your spot.*





### ★ FOR YOUR FUN AND ENTERTAINMENT (cont.)

★ **QUILTING GROUP:** First and third Thursday, from 1–4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the second Monday of every month. Please call Kip Detlef at (508)349-6805 for more information, as schedule/location varies.

★ **WELFLEET WAVE BOOK CLUB:** No summer meetings ~ selection for September: **September 15, 1:30 ~ The Blackfish Inheritance by Wellfleet's own Thomas Wolfson** ~ Copies of the book are available for purchase at the COA for a discounted rate of \$10 for book club participants. Tom will be joining the book club for discussion of his novel *The Blackfish Inheritance*, a fictionalized autobiography illuminating the struggle of a son to cast off the shadow of his charismatic father and make his own way in life. "A richly detailed, deftly written book ... a smooth read that succeeds as a case study of the failed promise of the baby boomers." - Kirkus Reviews  
**October 20, 1:30 ~ A Man Called Ove by Fredrik Backman** ~ "A light hearted, deeply moving novel about a grumpy but loveable curmudgeon who finds his solitary world turned on its head when a boisterous young family moves in next door. This quirky debut is a thoughtful and charming exploration of the impact one life has on countless others—and an absolute delight." (CBS Local)

### ☺ FOR YOUR WELL-BEING

#### Balance/General Exercise & Strength Training with Melissa Shantz 10-WEEK EXERCISE SESSIONS

**Next session ~ October 24<sup>th</sup> - December 30<sup>th</sup>**

FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:

**FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING CLASSES**

**ONLY** ~ discounted rates for multiple sessions ~ **1X per week for \$50,**

**2X per week \$70, 3X per week \$85, 4X per week \$100 ~ Drop-in's welcome, \$7 per class drop-in rate ~ mid-session drop-in's will NOT be pro-rated.**

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, every day **except Thursday**, 8:45 – 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45–10 ~ **\$7.00 per class.**

**NO MAT CLASS ON SEPTEMBER 8 and SEPTEMBER 22**

*Note: Physician's approval absolutely required for all exercise classes!*



### FLU CLINIC FOR WELFLEET RESIDENTS/TAX-PAYERS

Tuesday, October 25<sup>th</sup> ~ 9 AM – 11 AM

by appointment only ~ call the front desk to schedule your time  
 bring insurance cards and photo ID



## ♦ FOR YOUR SUPPORT

♦ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Mary Cullity, LICSW. 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10 – 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Mary for more information at 508-237-6766. September 8, 22, October 13, 27.

♦ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 – 4:30 PM ~ September 13, October 11. Call the COA or the Support Center for more information 508-737-7934

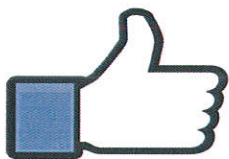
♦ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. Meetings are held at the COA on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. September 6, 20 & October 4, 18.

♦ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIASON:** Wellfleet Police



Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, etc., just to chat. He has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns. *Stop by the COA on Tuesday, October 11<sup>th</sup> from 9 - 11 to have "Coffee With A Cop" ~ meet George, say hello, and learn about some of the programs offered for seniors!*

*We have partnered with Funtastic Getaways in Falmouth to offer exciting travel opportunities. Day and overnight trips available. Please stop in at the COA to browse the Funtastic booklet.*



 Like

 Find us on Facebook

## WE ARE ON FACEBOOK!

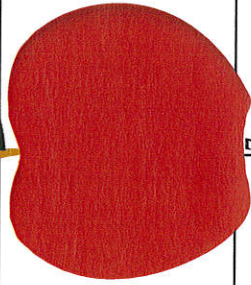
"Like" and follow the Wellfleet Council on Aging to stay up-to-date on senior center news and events!

The Wellfleet Recycling Committee is sponsoring a week-long series of events on plastic pollution in our oceans. Marcus Eriksen, research director and co-founder of the 5 Gyres Institute will be speaking Oct. 9 at 2 pm in the library, preceded by Zoe Lewis singing her Plastic Soup song. Oct. 10 at 10 am the 5 Gyres crew will participate in the annual CoastSweep beach cleanup at Mayo Beach. Their visit will culminate with a booth at OysterFest. Look for posters around town for other events and don't miss the artwork on display outside at the COA and the Chamber of Commerce.

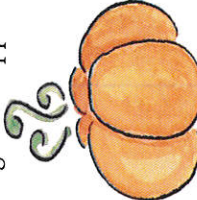
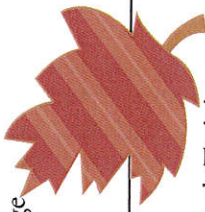




# September 2016 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SEPTEMBER ARTIST</b> <b>OF THE MONTH:</b> <b>Janis Eckman</b> 				
<b>5</b> <b>CLOSED TODAY</b> <b>FOR LABOR DAY</b>	<b>6</b> 8:45 Strength Training 10 Caregiver's Support Grp.	<b>7</b> 8:45 Strength Training 10 <b>NEW TIME</b> <b>Ask A Nurse</b> 10:15 Balance/Exercise 12 Congregate Luncheon	<b>8</b> <b>STATE PRIMARY</b> <b>ELECTION ~ VOTE</b> <b>TODAY 7 AM - 8 PM</b> 10 Bereavement Support 11:30 Gosnold 2 Scrabble	<b>9</b> <b>DINE OUT AT</b> <b>THE BOOKSTORE</b> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>12</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	<b>13</b> <b>DINE OUT AT</b> <b>MOBY DICK'S</b> 8:45 Strength Training 10:15 Denya Le Vine 3 Alzheimer's/Dementia Caregiver's Support Grp.	<b>14</b> 8:45 Strength Training 10 Ask A Nurse 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 4 Friends of the COA	<b>15</b> <b>DINE OUT AT</b> <b>PB BOULANGERIE</b> 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>The Blackfish Interlunae</i> 2 Scrabble	<b>16</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge <b>TOMORROW ~</b> <b>DINE OUT AT PJ'S</b>
<b>19</b> <b>DINE OUT AT</b> <b>CATCH OF THE DAY</b> 8:45 Strength Training 10:15 Balance/Exercise	<b>20</b> 8:45 Strength Training 10 Caregiver's Support Grp. <b>12</b> <b>MAGIC AND</b> <b>MACARONS</b>	<b>21</b> 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 12 Congregate Lunch 4 Are You Ready For Medicare ?	<b>22</b> <b>DINE OUT AT</b> <b>BOB'S SUB &amp; CONE</b> 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	<b>23</b> <b>DINE OUT AT</b> <b>THE PEARL</b> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>26</b> <b>DINE OUT AT</b> <b>VAN RENSSELAER'S</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	<b>27</b> 8:45 Strength Training <b>10</b> <b>AARP DRIVER</b> <b>SAFETY</b>	<b>28</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 12 Congregate Luncheon	<b>29</b> <b>DINE OUT AT</b> <b>MARCONI BEACH</b> 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	<b>30</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge

# October 2016 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:45 Strength Training 10:15 Balance/Exercise	4 8:45 Strength Training 10 Caregiver's Support Grp. 	5 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 12 Congregate Luncheon	6 <b>PINE OUT AT WINSLOW'S TAVERN</b> 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	7 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
10 <b>CLOSED TODAY FOR COLUMBUS DAY</b>	11 8:45 Strength Training <b>9-11 Coffee With A Cop</b> 3 Alzheimer's/Dementia Caregiver's Support Grp.	12 8:45 Strength Training 10 Ask A Nurse 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon	13 8:45 Stretch & Strengthen 10 Bereavement Support 10:15 Denya LeVine Inter-generational Music 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	14 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
17 8:45 Strength Training 10:15 Balance/Exercise	18 8:45 Strength Training 10 Caregiver's Support Grp.	19 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 12 Congregate Luncheon <b>2 Celebrating New England ~ Songs &amp; Stories</b> 4 Are You Ready for Medicare?	20 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>A Man Called Ove</i> 2 Scrabble	21 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge 
24 <b>NEW 10-week session of Strength Training &amp; Balance/Exercise starts today!</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	25 8:45 Strength Training <b>9 - 11 Flu Clinic</b>	26 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 12 Congregate Luncheon	27 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	28 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
31 8:45 Strength Training 10:15 Balance/Exercise				

**WELLFLEET DINES OUT**

**Sunday ~ October 2nd at**

**The Wicked Oyster**

**GREAT POND ARTIST OF**

**THE MONTH**

**Shirley Glasser**



**Wellfleet Council on Aging**  
**715 Old King's Highway**  
**Wellfleet, MA 02667**

**COA Board Members:**

Carol Magenau ~ Chair  
Patricia Shannon ~ Secretary  
Ernie Bauer  
Paul Goetinck  
Sarah Multer  
Fred Nass  
Dorothy Oberding  
Brian Quigley  
Evelyn Savage  
Maureen Schraut ~FCOA Liason  
Robin Slack

**Friends of the COA:**

Maureen Schraut ~ President/COA Board Liaison  
Carol Parlante ~ Vice President  
Sylvia Smith ~ Treasurer  
Sandy Wonders ~ Clerk  
Meredith Blakeley  
Greta Einig  
Peter Hall  
Sarah Multer  
Marge Piercy  
Roger Putnam

*Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.*

**IRIS'S CAFÉ**

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert,  
reservations required by Wednesday**

<b>September 1</b>	Cold Plate ~ baked chicken with turmeric yogurt sauce, tomato & cucumber salad, roast zucchini
<b>September 8</b>	<b>NO LUNCH THIS WEEK ~ room being used for State Primary</b>
<b>September 15</b>	Ratatouille (stewed summer vegetables) with pasta, mixed green salad
<b>September 22</b>	Codfish cakes, cole slaw, baked beans
<b>September 29</b>	Vegetable stir fry with coconut rice
<b>October 6<sup>th</sup></b>	Chicken parmesan with pasta, mixed green salad
<b>October 13<sup>th</sup></b>	Salmon teriyaki, mashed sweet potato, vegetable
<b>October 20<sup>th</sup></b>	Meatloaf, mashed potatoes, peas
<b>October 27<sup>th</sup></b>	Baked acorn squash with rice and walnut pilaf, Caesar salad

**SUMMER SALADS BY IRIS:** Available every Monday, a different summer salad, packed to go, \$4.00/pint, through September.

**IRIS'S SOUP TO GO**

**Prepared on Monday, packed to travel ~ \$4.00 pint**

<b>October 3<sup>rd</sup></b>	Potato leek	<b>October 17<sup>th</sup></b>	Chick pea & tomato
<b>October 10<sup>th</sup></b>	Chicken vegetable <i>(Tuesday due to holiday)</i>	<b>October 24<sup>th</sup></b>	Portuguese kale
		<b>October 31<sup>st</sup></b>	Pureed butternut squash





# *Wellfleet Dines Out*

*Labor Day to Columbus Day*

*Friends of the Wellfleet Council on Aging  
Local Restaurants Support the FCOA*

***The Bookstore - Friday, 9/9***

***Moby Dick's - Tuesday, 9/13***

***PB Boulangerie Bistro - Thursday, 9/15***

***PJ's Family Restaurant - Saturday, 9/17***

***Catch of the Day - Monday, 9/19***

***Bob's Sub and Cone - Thursday, 9/22***

***The Pearl - Friday, 9/23***

***Van Rensselaer's - Monday, 9/26***

***Marconi Beach - Thursday, 9/29***

***The Wicked Oyster - Sunday, 10/2***

***Winslow's Tavern - Thursday, 10/6***

***Each restaurant will donate a percentage of its  
evening food sales to the FCOA.***



# JOIN THE FRIENDS OF THE WELLFLEET COUNCIL ON AGING TODAY!

Becoming a member of THE FRIENDS means that you are helping seniors in Wellfleet live an active, healthy and interesting lifestyle.

Your tax-deductible donations help provide activities, services and programs for local seniors.

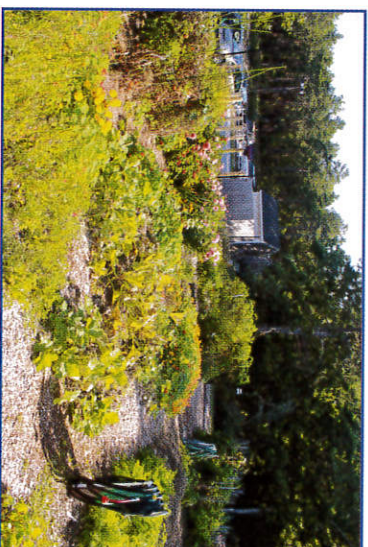


EVERY DOLLAR COUNTS!

JOIN TODAY AND HELP US OFFER NEEDED  
PROGRAMS, SERVICES AND ACTIVITIES!



The van we bought transports seniors to medical appointments, Orleans shopping and local errands.



## WELLFLEET SENIOR CENTER

715 Old King's Highway  
Wellfleet, MA 02667  
508-349-2800  
[www.wellfleetma.org](http://www.wellfleetma.org)



THE WELLFLEET COUNCIL ON AGING (COA) functions as a human services organization to enhance the quality of life for residents of Wellfleet.

The COA provides assistance, information on available resources, health services, transportation, referrals to community agencies, programs, and recreational activities for seniors, with particular emphasis on promoting healthy living.

FRIENDS OF THE  
WELLFLEET  
COUNCIL  
ON  
AGING



ANYONE OF ANY AGE  
CAN BE A FRIEND!

Post Office Box 306  
Wellfleet, MA 02667





**THE FRIENDS OF THE WELFLEET COUNCIL ON AGING** is a multipurpose organization whose principal mission is to raise funds to help support the services and activities of the **SENIOR CENTER**.

Using membership dues and generous individual donations and revenue from fundraising activities, **THE FRIENDS:**

- supports healthy living through exercise classes, health information and access to health care;
- promotes socialization through regular and special activities including games, music and other entertainment, and bus trips on and off Cape;



- supports the publication of the COA Newsletter, *The Wellfleet Wave*;
- contributes funds for the purchase and replacement of equipment;
- grants special funding requests; and
- collaborates with other senior-serving agencies.



**THE FRIENDS**, as an organization, has a strong commitment to Wellfleet's seniors. As the needs of the Senior Center and the community change, we are committed to responding with financial support to the best of our abilities.

*All photos in this brochure are by Peter Hall, except the cover photo which is by Richard Rosenthal.*

*All financial gifts made to THE FRIENDS OF THE WELFLEET COUNCIL ON AGING are tax-exempt under Section 501(c)(3) of the IRS code, as amended. Please consult your tax advisor for more information.*

## BECOME A FRIEND OF THE WELFLEET COA TODAY!

*Please print clearly. Thank you!*

Name(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Town: \_\_\_\_\_

State / ZIP: \_\_\_\_\_ / \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Winter Address, if different from above: \_\_\_\_\_

**Individual Annual Membership Dues**  
**July 1 – June 30: \$25 per Person**

Number of Persons: \_\_\_\_\_

*Additional tax-deductible donations are welcome.*

Total Enclosed: \$ \_\_\_\_\_

Please drop off your completed membership form and check, payable to **FRIENDS OF THE WELFLEET COA**, at the Senior Center, or send it by mail to:

**FRIENDS OF THE WELFLEET COA**  
PO Box 306, Wellfleet, MA 02667

**THANK YOU FOR YOUR SUPPORT!**



Dues-paying members will receive  
*The Wellfleet Wave* by mail.